What is claimed is:

1.   A basketball training apparatus comprising:

a first rim having a center; and,

a second rim having a center, wherein the first rim rotates about its own center while the center of the second rim revolves about the center of the first rim.

2.   The apparatus of claim 1, wherein the first rim has a first diameter and the second rim has a second diameter, and wherein the first diameter is different from the second diameter.

3.   The apparatus of claim 1, wherein the first rim is at a first height and the second rim is at a second height, wherein the second height is greater than the first height.

4.   The apparatus of claim 3, further including a gear associated with the second rim to elevate the second rim relative to the first rim.

5.   The apparatus of claim 1, wherein the first rim has a flange having a first length and the second rim has a flange having a second length.

6.   The apparatus of claim 5, wherein the first length is different from the second length.

7.   The apparatus of claim 1, wherein the first rim and the second rim may be interposed.

8.   The apparatus of claim 1, wherein the second rim rotates about its center and the first rim revolves about the center of the second rim after the first rim and the second rim have been interposed.

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9.   A basketball training method comprising the steps of:

providing a first rim having a center;

providing a second rim having a center; and,

rotating the first rim about its own center while the center of the second rim

revolves about the center of the first rim.

10.   The method of claim 9, wherein the first rim has a first diameter and the second rim has a second diameter, and wherein the first diameter is different from the second diameter.

11.   The method of claim 9, wherein the first rim is at a first height and the second rim is at a second height, wherein the second height is greater than the first height.

12.   The method of claim 9, further including the step of:
elevating the second rim relative to the first rim.

13.   The method of claim 9, wherein the first rim has a flange having a first length and the second rim has a flange having a second length.

14.   The method of claim 13, wherein the first length is different from the second length.

15.   The method of claim 9, including the step of:
interposing the first rim and the second rim.

16.   The method of claim 15, including the step of:
rotating the second rim about its center while the center of the first rim revolves about the center of the second rim.

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